

Source Naturals®
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June 10, 2005

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW., Washington, D.C. 20204

JUL 18 2005

RE: Notification of Nutritional Support Statements


To whom it may concern:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Perilla Oil, a dietary supplement. Source Naturals® is the manufacturer of Perilla Oil.

Statements being made in the labeling of Perilla Oil

- 1) Perilla oil, extracted from the plant *Perilla frutescens*, is a rich source of *alpha*-linolenic acid (ALA). ALA is a precursor to the *omega*-3 fatty acids EPA and DHA.
- 2) ALA is similar to fish oil in its benefits, but without any unpleasant aftertaste.
- 3) ALA may support the health of many organs and body systems, including the cardiovascular system, immune system, skin, brain, and joints.
- 4) Population and animal studies suggest an association between high dietary intake of ALA and breast and colon health.

To the best of my knowledge and belief, and based upon information available at the time of the execution of this notice, I certify that the above information is accurate and complete. Source Naturals® possesses substantiation that the statements are truthful and not misleading.


Ira L. Goldberg
President, Source Naturals®

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